Lateral Retinacular Lengthening/
Lateral Release

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• Phase I – Immediate Post Surgical Phase (Week 0-2)
  o This surgery is typically done for patients with patellofemoral pain and maltracking, not patellar instability
  o Goals:
    ▪ Maintain integrity of repair
    ▪ Gradually increase PROM
    ▪ Decrease pain and inflammation
    ▪ Prevent muscular inhibition
  o Cryotherapy for pain/inflammation
    ▪ Ice 15-20 minutes every hour
  o Sleeping
    ▪ Sleep in brace/knee immobilizer
  o Weight Bearing
    ▪ As tolerated in knee immobilizer with crutches
  o ROM 0-90 degrees with therapy
  o Muscle Retraining
    ▪ Quadriceps isometrics, SLR
  o No lateral patellar mobilization for 6 weeks

• Phase II – Protection Phase (Week 2-6)
  o Goals
    ▪ Allow healing of soft tissue
    ▪ Do not overstress healing tissue
    ▪ Gradually increase ROM
      ▪ Progression based on swelling/inflammation
    ▪ Decrease pain and inflammation
  o Week 2-4
    ▪ Continue us of ice as needed
    ▪ Progress ROM as tolerated in therapy
    ▪ Transition from immobilizer to lateral patellar stabilization brace after 2 weeks (Dr. Hess discretion)
Weight bearing - discontinue crutches when appropriate

- Week 4-6
  - May use heat prior to exercises
  - Gradually increase ROM (Full motion goal 4 weeks)
  - Muscle retraining
  - Active knee extension 0-60, pain free arc
  - Stationary bicycle if pain permits (in brace)
  - Proprioception training

- Phase III – Intermediate Phase (Week 6-12)
  - Goals
    - Eliminate swelling
    - Functional exercise movements
    - May discontinue brace (Dr. Hess discretion)
  - Criteria to progress to Phase III
    - Minimal inflammation/pain
    - Near full ROM
    - Strong quadriceps contraction
  - Continue quadriceps strengthening
  - Continue above exercises
  - May begin wall squats
  - May begin pool program

- Phase IV – Strengthening Phase (Week 12-18)
  - Goals
    - Maintain full ROM
    - Improve limb strength and endurance
    - Gradual return to functional activities
  - Criteria to progress to Phase IV
    - Full, non-painful ROM
    - Absence of swelling/inflammation
    - Knee extension strength 70% of contralateral knee
  - Continue above exercises
  - Progress to functional drills as tolerated
  - Begin sport specific drills as appropriate

- Phase V – Return to Activity Phase (Week 18-24)
  - Goals
    - Gradual return to strenuous work activities
    - Gradual return to recreational sports activities
  - Criteria to progress to Phase V
    - Appropriate strength level/Clinical exam